

the second they sat in the same environment with their bare feet resting on the grass.

"While drivers became more relaxed under both conditions, they did so to a significantly greater extent in the second."

The Automobile Association described the kit as a gimmick but said it could be useful if it encouraged motorists to take a break from behind the wheel.

"These two sensations, therefore, significantly enhance the power of the visualisation, and this in turn results in a far deeper level of relaxation in both mind and body."

He added: "You would expect calmer drivers on country roads because the traffic is considerably less, but what this report proves is that it is the combination of silence in the car, the smell in your

you can feel that really promotes serenity."

Toyota will be issuing the multi-sensory kits to new customers over the coming weeks. They will be available only with the £16,495 Prius, which uses both an electric motor and petrol engine to drive the car, and can cut emissions by 40% and fuel bills by half.

The silent electric motor is used

while the petrol engine is used when additional power is needed for acceleration or high-speed cruising.

Mike Moran, commercial director of Toyota GB, denied the kit provided a flippancy solution to road rage. "Road rage is a serious matter, but sometimes important issues can be addressed by taking an innovative approach," he said.

Nuclear submarine strikes the seabed

KEITH SINCLAIR

A NUCLEAR submarine with 100 crew on board struck the seabed off the west coast of Scotland two weeks ago, it was confirmed yesterday.

The ministry of defence said the Trafalgar-class HMS Triumph made "grazing contact with soft sand and shells" in international waters at about 10.35am on Sunday, November 19.

No other vessels were involved and there were no injuries during the incident, which happened as the submarine was on its way to the naval base at Faslane.

The vessel is expected to be repaired at Faslane and to return to duty soon. Scottish CND yesterday claimed that HMS Triumph should not have been at sea, because a "major fault" had been found in five of Britain's

seven Trafalgar-class submarines, and claimed the incident could have had "catastrophic consequences".

It said the fault had already resulted in one accident, which came close to a reactor meltdown, on HMS Tireless in the Mediterranean on May 12. Mr John Ainslie, administrator of Scottish CND, said: "This collision with the seabed could have triggered a series of events

which could have had catastrophic consequences."

A spokeswoman for the MoD said: "HMS Triumph was checked and cleared. She was found not to have a defect in the nuclear reactor which was found in six other submarines. It sustained very superficial damage in this incident, slight grazing, and this did not represent a radiation problem to the general public or the environment."

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